

HOUSE No. 2753

By Mrs. Teahan of Whitman, petition of Kathleen M. Teahan relative to establishing a pilot program on exercise, diet and other preventive health measures for state employees. Public Health.

The Commonwealth of Massachusetts

In the Year Two Thousand and Five.

AN ACT ESTABLISHING A PILOT PROGRAM TO REDUCE HEALTH CARE COSTS
FOR THE COMMONWEALTH.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

1 There is hereby established a pilot program to consist of a part-
2 nership between the commonwealth and a cardiac rehabilitation
3 and preventive medicine facility. Said program will be under-
4 written by a health insurer.
5 Said pilot program shall randomly select 100 state employees
6 who will voluntarily participate in an initial health assessment
7 physical testing and a comprehensive evaluation free of charge,
8 then receive routine advice from medical professionals. The rec-
9 ommendations will vary based on each participant's health status
10 and are expected to include suggestions on exercise, diet and other
11 preventive health measures. A control group of randomly selected
12 nineteen employees will be used for comparison purposes. Volun-
13 teer participants would receive \$100 if they can demonstrate they
14 have improved their health as a result of this program. Results of
15 this program will be presented to the joint committee on health
16 care and both house and senate committees on ways and means by
17 June 1st, 2006.